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Police vow vigilance over threat on Edmonton mall

Message comes from Somali group that killed 67 at Kenyan mall. PAGE 5

BAD TEACHER BUT GREAT ACTOR

J.K. Simmons accepts the Academy Award for best actor in a supporting role, for his performance as a menacing music teacher in Whiplash, at the Oscars on Sunday at the Dolby Theatre in Los Angeles. For more Oscars coverage, see pages 9 & 10. JOHN SHEARER/THE ASSOCIATED PRESS

Site takes bets on existence of alien life forms

Playnow.com. Novelty bets no added danger to addicts, says spokesman for government website

SHANE GIBSON
shane.gibson@metronews.ca

Manitoba gamblers can now get odds on some very odd things through the province's online gambling website.

Playnow.com quietly began taking bets in November on things as strange as when the existence of intelligent extraterrestrial life will be proven — they're giving 90-to-1 odds it happens this year — to what colour hair Prince William and Kate's second child will have.

The odds on grey, by the way, are 28-to-1.

Big bets

$10,000

The most a person can spend on a Playnow.com novelty bet, in some circumstances

"They're known as novelty or entertainment bets," explained Chris Fairclough of Playnow, adding that pop-culture events like the Academy Awards are proving popular with betters.

"It's all based around spectacles like Super Bowl or the Oscars — something that has a lot of weight and a lot of marketing dollars behind them — but we offer betting on a variety of cultural and hot topics that are going on in the news as well, whether that's the presidential election coming up or that's the sex of Will and Kate's baby."

Fairclough said Manitobans over 18 who have signed up for an account can put as little as 10 cents or as much as $10,000, in some cases, down on a novelty bet.

As for concerns about giving gambling addicts more things to bet on, Fairclough said that as a joint venture between the governments of Manitoba and British Columbia, Playnow.com has safeguards in place.

"Would you rather money be going offshore to some illegal gaming website … or would you rather the proceeds be going back into education?" he asked.

"When it comes to responsible-gambling tools or problem gambling, we would rather have control."

Gods of the odds

The site uses odds that are set by Irish bookmaking giant, Paddy Power.

- "They are one of the world's premier odds setters," said Fairclough.

Joshua Radin invites you to his 'living room'

Music. L.A. songwriter promises 'most intimate' show in support of the album he wrote to win the love of a woman

NIGEL MOORE
winnipeg@metronews.ca

Hopeless romantics take note: Los Angeles singer-songwriter and smooth operator Joshua Radin will bring a "most intimate" show to the Garrick Centre on Monday night.

"Whether a venue holds 5,000 or just 50, I am always trying to make the audience feel like they're in my living room," he said, adding that he is looking forward to the "great coffee and vintage records" one can find in Winnipeg.

Radin is on tour across the U.S. and Canada in support of his sixth album, Onward and Sideways, which he wrote in an effort to convince a woman to fall in love with him.

"The motivation was really that when she came home from work, I wanted to have a song to play to her," he said. "That's really where they all came from."

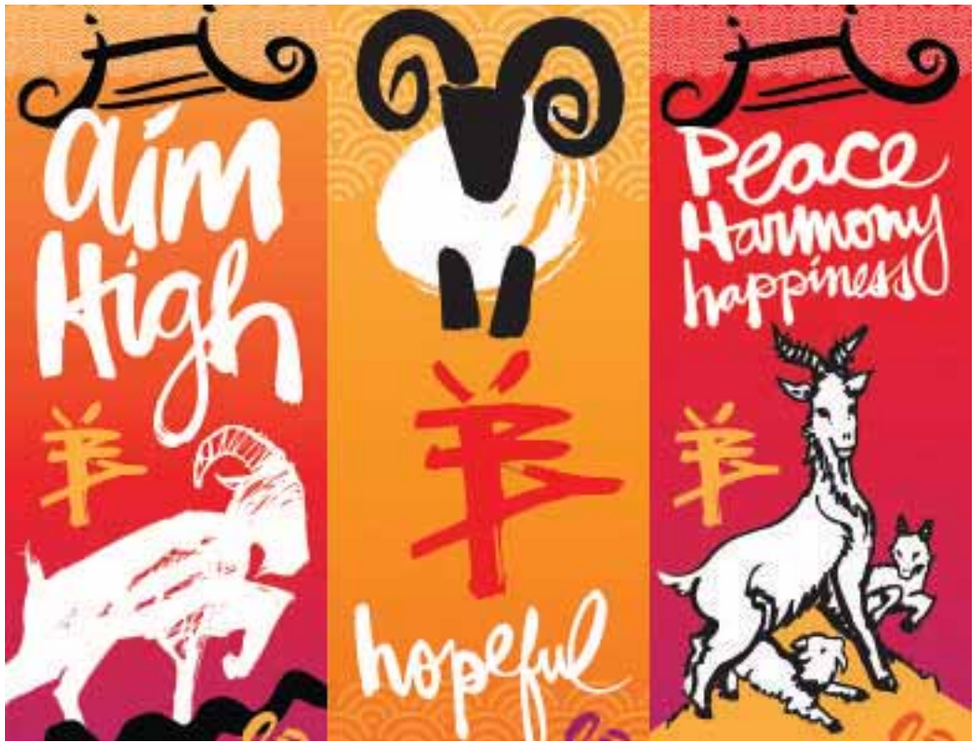
So did it work?

"It did," he said, but stopped short of recommending the same tactic for others seeking love. "It doesn't have to be an album. It just has to be an expression of your most honest feelings. You have to make yourself completely vulnerable, or else it's just a big waste of time."

Relationships are the driving force behind almost everything Radin writes. "Falling in and out of love is the subject I'm always thinking about, in an almost obsessive way," he said.

Tickets are $39.50 at all Ticketmaster locations or online at Ticketmaster.ca.

"Listening to my music is like reading my journal." Radin plays the Garrick on Monday. COURTESY MATT WIGNALL



Sheep season: Winnipeg artist helping to make it a banner year for downtown

Chinatown will soon be ablaze with banners celebrating the Year of the Sheep. Designed by Winnipeg artist Kal Barteski, the banners will go up throughout the downtown area over the next few days. COURTESY DOWNTOWN WINNIPEG BIZ

SOMETHING SWEET FROM BITTER COLD

WHAT'S GOOD
Ace Burpee
winnipeg@metronews.ca

I've gone on the record — on the radio, on TV, in print and online — declaring my fondness for winter.

I've got no beef with the cold at all. If anything, it makes for much better stories and can have a very positive impact on "good." This past weekend was a great example.

On Saturday, a bunch of us jumped into a lake — Lac du Bonnet — in support of KidSport.

It would still make a decent story to jump into a lake in February if it was -3 C. But standing out on the lake with wind ripping right through you, making it feel like -45 C? Jumping into a hole cut out of ice two metres thick before clambering out? Then, naked except for a towel, trying to put your clothes back on while completely numb? Now that's a story.

It was super awesome. We received tons of donations at the last minute, all because the perception of the event changed with the forecast. The trickle-down effect means more kids, who would otherwise not have been able to participate in sport, will now get that opportunity. Huge win.

Then on Saturday night, hundreds walked in support of Resource Assistance for Youth. It's called the Coldest Night of the Year walk, and as both a fundraiser and an awareness campaign, there's no question that the event benefited from the weather.

People strolling five kilometres around town in mild weather is neat but not a great story. But if it feels like -43 C: different perception and impact. That's not a party; it's a call to action

It's also a wake-up call, as all those participants know they are going straight home to a warm bed. Not everyone has that. They'll remember that night.

The walk reached 148 per cent of its goal, and the takeaway in terms of a reality check was about 150 per cent higher than it would have been on a mild evening.

Perspective. Cold can do great things for deserving people.

ACE BURPEE IS A WRITER, RADIO SHOW HOST, PRODUCER AND SUPPORTER OF ALL THINGS GOOD

Police make third arrest in spring nightclub murder case

Exchange District. Investigators believe all culprits have now been arrested, charged

SHANE GIBSON
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Winnipeg police have made a third arrest in connection with a fatal shooting outside an Exchange District nightclub last spring.

Rustom Paclipan, 23, was shot and killed outside the Opera Ultralounge, just as the nightclub at the corner of Main Street and Bannatyne Avenue closed in the early hours on May 4, 2014.

Two other men, 18 and 24, were also hit but survived.

After making two arrests within days of the shooting, police arrested Issac Ndlovu, 21, of Winnipeg, on Thursday. Ndlovu has been charged with first-degree murder, attempted murder, trafficking in firearms and possession of a loaded restricted firearm.

"The investigation has evolved, and an additional suspect was identified," said police spokesman Const. Jason Michalyshen on Friday.

"I can tell you at this point we are not expecting additional arrests.... We believe all of the involved individuals with respect to the shooting incident have been arrested and charged."

The man police allege fired the fatal shot, Marcus Richard, 21, of Winnipeg, was arrested May 8 on an eastbound train in Sudbury, Ont.

Richard's charges include first-degree murder and two counts of attempted murder.

A 16-year-old boy was also charged with manslaughter for his alleged involvement.

All three accused are members of the same street gang, and while the shooting is believed to be gang-related, Michalyshen wouldn't say whether Paclipan was the intended target.

Michalyshen also did not comment on an ongoing internal review into why the original 911 call to police — made just minutes after the shooting — was cancelled by the call centre.

He told media Friday that it would be up to Chief Devon Clunis to make public the results of the review into the 911-call incident.

Police say an additional suspect was identified in the May shooting death of Rustom Paclipan, 23, outside a nightclub downtown. SHAWN MCLEOD/FOR METRO

Mom who left six-year-old alone not guilty of abandonment

A Winnipeg mom has been found not guilty of child abandonment after leaving her six-year-old son home alone for 90 minutes.

Court heard the mother went out in July 2013 to pick up some medication and visit some clients in her work as a health-care aide.

The boy's father spotted his estranged wife alone in her car and called the home. The boy answered.

The father then called police, who arrived to find the boy safe, sitting in front of the TV with some puzzles and art projects, eating a snack.

Officers described him as a bright, sociable kid and thought he was older than six. They said the house was clean, with no immediate dangers in sight.

Judge Margaret Wiebe said that while the mom's decision to leave the boy alone showed poor judgment, the Crown did not prove beyond a reasonable doubt that the boy was in any danger.

Quoted

"There was no proof of an intent to harm or no proof that there was an imminent or potential risk."

Defence lawyer Mike Law

Under the Criminal Code, a person can be found guilty of child abandonment if the child is under 10 and the child could be in danger or permanently injured.

Defence lawyer Mike Law says the mother is relieved.

"You saw how emotional she was. This has been extremely stressful for her," he said.

Law says a guilty verdict would have been precedent-setting because no record could be found of a parent being convicted of leaving a child around that age in a home with no obvious dangers.

"There was no proof of an intent to harm or no proof that there was an imminent or potential risk," he said outside court.

The Crown had argued the possibility of danger when leaving a child home alone at that age was enough for a conviction.

Under Manitoba's Child and Family Services Act, a child under 12 left unattended without reasonable provisions made for his or her supervision and safety can be found in need of protection.

Law says regardless of the verdict, it's still not a good idea to leave young kids home alone.

"You shouldn't be leaving your child alone for extended periods of time."

THE CANADIAN PRESS

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HUDSON'S BAY

Police plan to give bodycams to a select group of officers

Say cheese. However, with pilot project still ongoing no start date has been set

BERNICE PONTANILLA
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Plans are underway to provide a select group of Winnipeg police officers with body cameras.

During Friday's meeting of the Winnipeg Police Board, executive director Don Norquay told board members work is continuing on a body cameras pilot project.

However, no implementation date has been set, since many considerations such as who will wear them, length of time, and the privacy implications have yet to be worked out, said police spokeswoman Det. Sgt. Natalie Aitken after the board meeting wrapped up.

"It's going to take us some time to even get to the part where we have that pilot project rolled out," said Aitken, adding there are many benefits to the cameras.

"In terms of the retrieval of evidence that officers would gain in certain situations, you would really get a bird's eye view of exactly what that officer is seeing at that time."

Aitken said they will talk to other police forces on the technology they use and evaluating what would be the best fit for Winnipeg's force, adding it'll likely be frontline officers who will wear them.

Board chairman Coun. Scott Gillingham said the fact Winnipeg is not the first force in Canada to implement the body cameras is an advantage.

"We can and we will learn from places like Calgary, Edmonton, any other jurisdiction I think especially in Canada that has run a pilot project, and we can learn the pros, the cons," said Gillingham.

Work in progress

"It's going to take us some time to even get to the part where we have that pilot project rolled out."
Det. Sgt. Natalie Aitken

Crime down

The Winnipeg Police Board heard that crime in 2014 was down 2.5 per cent from 2013, and at -24 per cent over the five-year average. Supt. Bill Fogg said the slight 2.5 per cent decrease is due to the force's adoption of "smart policing," which means using older, tried-and-true policing methods adapted for the modern age. More detailed information on crime stats will be released in a report expected in the summer.

Det. Sgt. Natalie Aitken said body cameras on police officers would provide a "bird's eye view" of the difficult situations they sometimes find themselves in. BERNICE PONTANILLA/METRO

No easy fix for cellphone routing in city outskirts

Deputy police chief Art Stannard listens to a presentation during Friday's Winnipeg Police Board meeting. BERNICE PONTANILLA, METRO

Cellphone calls on the outskirts of the city may still be routed to the wrong place, the Winnipeg Police Board heard Friday.

A police report to the board stated there are "a number of inherent challenges with the processing of 911 calls originating from wireless devices," including the fact with cellphone calls, there is no subscriber name or address given by the wireless service provider.

Deputy police chief Art Stannard said landlines are routed properly, but the difficulty is with cell phones.

"If you're close to a tower that's outside of jurisdiction, it will go there first," said Stannaed during the police board meeting.

"I can assure the public that whoever answers that phone call will take all of the necessary information. Always the first question (will be) where are you at, what's your address?"

Stannard said there's no quick fix, since it's the way the technology functions right now.

Board member Angeline Ramkissoon said perhaps what's needed is an awareness campaign for cellphone users to make sure they know their specific location and have information ready for operators.

The board agreed and forwarded Ramkissoon's suggestion, with the report, to the city's protection and community services committee. The committee had asked for the report.

Coun. Jeff Browaty, who chairs that committee, said last month "the boundaries between populated areas of the bedroom communities in the capital region and the way they border on the City of Winnipeg are very close."

BERNICE PONTANILLA/ METRO

Lagimodiere Blvd.

Boy, 10, fighting for life following two-vehicle crash

A 10-year-old boy remains in critical condition after a Thursday night crash at the corner of Lagimodiere and Sage Creek boulevards.

The accident happened around 7:30 p.m., when a Jeep Wrangler heading south on Lagimodiere Boulevard tried to turn east onto Sage Creek Boulevard and was hit by an International tractor-trailer that was heading north on Lagimodiere Boulevard.

An off-duty police officer and a pair of nurses witnessed the crash and were among the first on the scene, according to police.

The 45-year-old man driving the Jeep sustained non-life-threatening injuries, and the 57-year-old male driver of the tractor-trailer was not hurt.

The Central Traffic Unit continues to investigate and no charges have been laid. METRO WINNIPEG

Missing, murdered women

Police board vote for motion to be sent to roundtable

The Winnipeg Police Board has voted in favour of sending, to the national roundtable, its groundbreaking motion on missing and murdered indigenous women.

The roundtable, which takes place Friday in Ottawa, will focus on prevention and awareness, community safety plans, and will look at how police and judicial authorities respond. Board member Leslie Spillett, who is the executive director of Ka Ni Kanichihk, put forward the idea of submitting the original motion, calling for police to make the issue of missing and murdered indigenous women a priority.

"I think our motion is a very good model for other (police) jurisdictions to look at," added Spillett, who received the support of the entire board.

Also Friday, police board executive director Don Norquay said that, beginning in April, there will be quarterly reports to the board on missing and murdered indigenous women.

BERNICE PONTANILLA/METRO

Beloved beluga dies at SeaWorld

In this 2013 handout photo, Nanuq, a 2,200-pound beluga whale, gets acquainted with actress Isla Fisher at SeaWorld in San Diego. SeaWorld officials said Nanuq died Thursday at the estimated age of 31 or 32. The Vancouver Aquarium had lent the beluga whale to Orlando SeaWorld for breeding purposes. While the cause of death is not yet known, he had been undergoing treatment for an infection caused by a broken jaw that occurred in an encounter with other animals. Nanuq's death is renewing the debate over whether cetaceans should be bred in captivity.

PHOTO: SEAWORLD SAN DIEGO/GETTY IMAGES; TEXT: GETTY IMAGES, THE CANADIAN PRESS

West Edmonton Mall 'is very safe,' say police

Al-Shabab. Somali extremists suggest in video an attack against huge shopping centre

RYAN TUMILTY
Metro in Edmonton

In the wake of a terrorist threat lobbed from halfway across the world, Edmonton Police emphasized Sunday the community is safe.

The threat comes from al-Shabab, a Somali terrorist group that claimed responsibility for an attack against a Kenyan mall in 2013 that left 67 people dead.

The brief reference to the West Edmonton Mall is near the end of a 76-minute, documentary-style video about the mall attack.

"What if such an attack were to occur in the Mall of America in Minnesota? Or the West Edmonton Mall in Canada? Or in London's Oxford Street?" a masked man asks in the video.

Edmonton Police are taking the threat seriously, said deputy Chief Brian Simpson, but noted it was not a specific threat.

"I feel West Edmonton Mall is very safe," he said. "I also feel this community is very safe."

Simpson said police were working with mall security and people in the Somali and Muslim communities. He said the best way of dealing with these type of threats is to "involve (the) community."

Police have said before that they are actively investigating several people in Alberta because they fear these people are being radicalized.

RCMP assistant commissioner Marlin Degrand said that after a threat like this, the RCMP would be more vigilant.

"We will be looking for any changes in behaviour, any of those signs or indicators that there might be some kind of a concern," he said.

Quoted

"It's a little distressing, but they (police) also said ... the chances of it happening are very slim."

Vicki Olson of Camrose, a shopper at the West Edmonton Mall, on the threat of an attack

Labour negotiations

CN Railway resumes talks with union

Canadian National Railway and Unifor have resumed contract talks a day before the railway has threatened to lock out nearly 5,000 employees.

A CN statement says the company hopes to reach a negotiated settlement or to persuade the union to agree to binding arbitration.

The railway said Friday that it intends to lock out the 4,800 workers represented by Unifor at 11 p.m. Monday unless the union agrees to binding arbitration to settle contract differences.

The union, which has announced plans to begin a strike vote next week after the failure of five months of negotiations, rejected the company ultimatum. A Unifor spokesperson confirmed the two sides are meeting.

THE CANADIAN PRESS

Politics

Liberals call for law on assisted suicide by mid-summer

Justin Trudeau's Liberals want the outlines of a new law governing doctor-assisted dying to be clear by mid-summer — before Canadians head to the polls in October.

They'll try to get the ball rolling Tuesday, introducing a motion that calls for creation of a special parliamentary committee to consult experts and Canadians on the potentially explosive issue.

They want the committee up and running by March 11 and they want it to report back to the House of Commons by July 31 with a proposed legislative framework.

The Liberal motion follows a landmark ruling earlier this month by the Supreme Court of Canada, which struck down the ban on physician-assisted suicide. THE CANADIAN PRESS

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ISIL

Turkish military enters Syria to remove troops

Hundreds of Turkish troops backed by tanks took part in an overnight operation into neighbouring Syria to remove dozens of besieged soldiers guarding an Ottoman tomb and take away remains amid fears the shrine was threatened by ISIL militants.

The mission late Saturday, saving Turkish soldiers reportedly stuck for months at the tomb of the grandfather of the founder of the Ottoman Empire, was the first such major military incursion by Turkey since the Syrian conflict began in March 2011. THE ASSOCIATED PRESS

Egypt

Prosecutor refers 215 alleged extremists to trial

Egypt's top prosecutor has referred 215 alleged Islamic extremists to trial in a criminal court on charges of forming armed groups responsible for killing half a dozen security personnel and damaging public property.

The prosecutor said Sunday in a statement that only 125 defendants are detained. No date has been set for the trial. Egypt's courts are swamped with the trials of hundreds of alleged extremists and supporters of ousted President Mohammed Morsi on charges that include treason, illegal protests and violence against state officials. THE ASSOCIATED PRESS

Washington

Iran responds to threats U.S. may quit nuclear talks

A senior Iranian official is responding sharply to warnings that Washington is ready to quit nuclear talks unless Tehran agrees to a deal that demonstrates it does not want atomic arms.

Ali Akbar Velayati says staying or leaving "depends on the Americans."

Velayati was responding to U.S. Secretary of State John Kerry, shortly before Kerry's arrival Sunday in Geneva. Kerry said President Barack Obama was "fully prepared" to pull the U.S. out before accepting a deal leaving Tehran with potent nuclear-arms-making ability.

THE ASSOCIATED PRESS

Dozens dead after river ferry sinks

Bangladesh. Ferry was struck by a cargo vessel at a crossing on the Padma River

A river ferry carrying up to 140 passengers capsized in central Bangladesh on Sunday after being hit by a cargo vessel, killing at least 48 people, officials said. A rescue operation was underway, but it was not clear how many people were missing.

The ferry was struck by the cargo vessel at the Daulatdia-Paturia crossing on the Padma River on Sunday afternoon, said fire department official Shahzadi Begum. Rescue teams were deployed and passing boats were helping in the operation, she said.

The site is 40 kilometres northwest of Dhaka, the capital. Ferry accidents are common in Bangladesh, an impoverished South Asian nation that is crisscrossed by more than 130 rivers.

The ferry, the M.L. Mosta, was submerged at a depth of up to six metres, said Inspector Zihad Mia, who is overseeing the rescue operation.

By Sunday evening, at least 48 bodies had been recovered, Mia said.

He said officials had yet to determine how many passengers were missing. Ferries in Bangladesh usually do not maintain formal passenger lists.

"We don't have a clear picture about how many were exactly in the ferry when it sank," Mia said. "But I think many have survived."

Jewel Mia, an official from the Bangladesh Inland Water Transport Authority, told reporters at the scene that up to 140 people were on board when the ferry sank.

A passenger who survived said many people got trapped inside. "The passengers who were on the deck have survived, but many who were inside got trapped," Hafizur Rahman Sheikh was quoted as saying by the Prothom Alo newspaper.

Authorities ordered an investigation into the accident, and a five-member committee has been asked to submit a report within 15 days, the Ministry of Shipping said in a statement. THE ASSOCIATED PRESS

Lebanese families picnic after heavy winter snowstorm

Lebanese Druze families picnic in the snow a day after a strong snowstorm, near the village of Hamana, Mount Lebanon, on Sunday. A heavy winter storm descended on parts of the Middle East on Friday, with snow falling in Israel, parts of the West Bank, Lebanon, Jordan and Syria. HUSSEIN MALLA/THE ASSOCIATED PRESS

U.S. Senate still in stalemate as budget deadline looms

The possible shutdown of the Department of Homeland Security threatens the Obama administration's efforts to counter the extremist appeal of the Islamic State of Iraq and the Levant (ISIL) within the U.S. and to aid communities struggling with winter snowstorms, Homeland Security Secretary Jeh Johnson warned on Sunday.

Funding for the department's $40-billion budget ends on Friday, and no solution is in sight for Congress to take action by then. The fight is over President Barack Obama's immigration plan.

THE ASSOCIATED PRESS

Ukraine. Blast kills, injures at march among hopeful signs

A bomb blast killed two at a march in east Ukraine on Sunday, the first anniversary of the ouster of the country's Russia-friendly president, a gruesome counterpoint to the hopes spawned by a ceasefire agreement more than a week ago.

An exchange of prisoners this weekend and acknowledgment by both sides of a commitment to pull back heavy weapons are promising signs that peace may yet prevail, although sporadic exchanges of hostilities between government and separatist forces have yet to subside entirely. THE ASSOCIATED PRESS

Protesters block bridge after police shooting of Mexican

Demonstrators occupy a cable bridge on Saturday during a protest against the police shooting of Antonio Zambrano-Montes. THE ASSOCIATED PRESS

Protesters demonstrating against a police shooting that left a Mexican immigrant dead rallied in a Washington state city, staging a march that shut down traffic on a bridge over the Columbia River.

The Tri-City Herald reports that more than 50 people were in the group of protesters Saturday evening. Demonstrators blocked traffic along the cable bridge as they slowly marched from Pasco toward Kennewick. Many motorists yelled and honked in support.

The protesters then turned and marched back toward Pasco, blocking traffic heading north as the sun set on the Columbia River. They shouted, "We will not be silenced" and "We are all Antonio," referring to Antonio Zambrano-Montes, who was killed by police.

"This is about the right not to be shot by police because you have a rock in your hand," said Alfredo Lamedo, 53, of Spokane, as he marched. "How many bullets were in that rock?"

The Herald said that there were no arrests reported and police had little contact with protesters, according to authorities. Pasco police officials decided not to have patrol officers intervene when protesters marched across the bridge.

The Feb. 10 killing of Zambrano-Montes, captured on cellphone video by an onlooker, has sparked calls for a federal investigation. Police have said Zambrano-Montes did not have a gun or a knife.

The killing was the fourth by law enforcement in Pasco in less than a year. It has roiled this fast-growing agricultural city of 68,000, where more than half the residents are Hispanic but few are members of the police or the power structure.

THE TRI-CITY HERALD/ANDREW JANSEN/ THE ASSOCIATED PRESS

Ottawa. GM stock may help feds balance budget

The Harper government's push to deliver a balanced budget despite low oil prices has attracted fresh attention to a potential stockpile of federal cash: a multi-billion-dollar taxpayer stake in the auto business.

The government's remaining 73.4 million shares in General Motors are now worth more than $3.4 billion in total, thanks to the combined effect of a solid stock price and a weakened Canadian dollar.

In fact, once the Canadian exchange rate is factored in on the U.S.-priced stock, its per-share value is higher than it has been in more than five years.

Earlier this month, Ottawa became the only North American government still holding stock acquired as part of the 2009 effort to bail out the then-sputtering automaker.

Ottawa's GM shares surfaced last month as one of several possible money-generating options that could help the Conservative government live up to its promise of balancing the 2015-16 budget.

Fulfilling the pledge will be central to Tory re-election fortunes. The government insists it will achieve a balanced budget even as lower crude prices indirectly carve billions of dollars from federal revenues.

Selling the GM stock and booking the proceeds in the 2015-16 budget could help Ottawa offset the financial blow from the oil slump.

Unifor, the union that represents 7,000 GM workers in Ontario, has urged Ottawa to hold on to its shares.

"The worst reason to sell GM shares is to help the government cover its little optics problem with a possible deficit," Unifor economist Jim Stanford said. THE CANADIAN PRESS

Government shares

Ottawa initially booked the stock's value at $1.1 billion. Its gain or loss is determined by the stock's total proceeds minus its book value.

- **Book value.** Market value of remaining stock is $3.4 billion, which would leave Ottawa with a net gain of $2.3 billion.

Renewed U.S. relations opens up Cuban athletics, economy

Cuban hurdler Dayron Robles, wearing a jersey bearing a Nike swoosh, looks on after the men's meet in Beijing in May 2014. As recently as three years ago, Cuban track and field athletes were allowed to wear only Adidas, regardless of their personal brand preference. LINTAO ZHANG/GETTY IMAGES

National sports. Revised rules allow Cuban athletes to sign personal endorsements

Before U.S. President Barack Obama announced plans in December to normalize state-to-state relations with Cuba, there were no warning signs.

But if you were looking closely last track season, some standout Cuban athletes were competing in gear supplied by U.S. companies.

If legendary Cuban hurdler Dayron Robles competes at the Pan Am games in Toronto this summer, he'll do so in Nike shoes. Cuban track and field athletes wore Adidas regardless of their personal brand preference, and a long list of rules kept American companies from doing business with Cuba's state-run sports system.

But two years ago, the country's track and field federation quietly relaxed regulations, allowing athletes greater autonomy regarding apparel deals.

"Eighteen months before the announcement, Nike had already infiltrated Cuba," says Kris Mychasiw, a Montreal-based agent who advised several Cuban athletes.

Brand mismatches between athletes and national federations aren't rare. Athletics Canada is sponsored by Nike but can't stop athletes from seeking deals with other outfitters.

Robles complained about the federation's lack of resources and left the team in early 2013, only to resurface later that year on Monaco's track circuit — wearing Nike gear. He has since returned to a Cuban team that has relaxed its endorsement deal restrictions.

The move to allow athletes the freedom to seek sponsorships comes amid broader reforms to stimulate the economy through private ownership of homes and businesses, the hope being to create jobs to balance national unemployment. TORSTAR NEWS SERVICE

VOICES

CAMERAS COME WITH CONCERNS

It's not quite 1984, but the new recording technology Winnipeg police are getting presents serious challenges to our privacy

INSIDE THE PERIMETER
Shannon VanRaes

1984 has come and gone, but Big Brother is coming to the Winnipeg Police Service. Sort of.

While details are scant, Friday's meeting of the Winnipeg Police Board revealed that work is underway on a body-camera pilot project. No implementation date has been set, and the questions of who will wear them, for how long and under what circumstances have not been answered.

Other Canadian cites, such as Toronto and Vancouver, have also indicated they intend to test the devices.

And why not? Many American police forces already use body cameras, as do police forces in France, the U.K. and other European countries.

Proponents point out that the presence of body cameras has decreased the number of excessive-force complaints in the jurisdictions that have them. Cameras can also provide accountability and valuable evidence.

But as noted by Canada's privacy commissioner, they also present serious challenges and concerns. What happens to the video? How long is it kept by police? What about bystanders? Encryption? Public access?

One only has to head to LiveLeak.com to see a plethora of videos captured by police body cameras — footage that wasn't intended to be released. Clips are widely available of police shootings, victims of crime, accident scenes, drunks and people generally behaving badly. Those in the videos may not have been convicted by judge or jury but they have certainly been convicted in the court of public opinion.

Undoubtedly, strict guidelines for the use and distribution of body-camera video will be developed and largely adhered to. But as long as the videos exist, so too does the possibility that images will find a way into the public domain.

It's not a risk that outweighs the benefits, but it's an unintended consequence that needs to be considered.

And as helpful as body cameras may be, they also have their limitations. Low light can defeat them. Motion can distort images, blur faces and render footage unusable. Likewise for odd angles. Loose clothing or hands can obscure a lens, and in worst-case scenarios, the most important action could be taking place behind an officer and out of view. Videos don't always provide context.

Cameras can also be turned off.

In a report titled Guidance for the Use of Body-Worn Cameras by Law Enforcement Authorities, the privacy commissioner also raised concerns about video being used for secondary purposes, such as training new officers or in conjunction with facial-recognition technology.

I'm sure in the coming years body cameras will become a mainstay of policing in Winnipeg and across Canada. But cameras aren't a panacea and they won't replace good training. They are just another tool in the toolbox that will require good judgment and solid regulation.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. Thanks to the bite of a radioactive spider, she no longer needs to sleep. She can be reached on Twitter @ShannonVanRaes.

Your Winnipeg

A sign of spring?

Photo submitted by Metro reader Enza Bell in St. Germaine, Man.

Winnipeggers bundled up this past weekend after temperatures plunged back to the extreme cold we're all used to in the dead of winter, but these Redpoll birds were out and about. Let's hope it's a sign of early spring —like today's predicted high of -4 C. We'll see. CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-quality snaps of your city to readers@metronews.ca

Upcoming

Agenda chock full for city council meeting

The agenda is full for Wednesday's city council meeting, as council deals with several issues.

So far, no delegations have been posted, but we expect former mayoral candidate David Sanders to show up, as he has had concerns about numerous things on the agenda in past committee meetings. But what will he choose from?

He could talk whistleblower protection. Coun. Matt Allard brought it up almost immediately after being elected, as the city has seen numerous audits.

Or he could talk CentreVenture and True North. That whole gigantic mess involving the owner of the Winnipeg Jets and the city's arm's-length downtown development committee and who said what when and who saw what video where.... There's lots to talk about.

Perhaps instead he'd like to discuss the 311 Call Centre audit, as we discovered last week the response time is slowing. The solution might be voice-activated routing, but most people like talking to a person, not a machine.

Or maybe he'll throw in one last speech about the "Rapid Transit Boondoggle" as council considers buying back land it traded away for the second phase of rapid transit. But don't worry, we'll get a really, really "picturesque" retention pond out of the deal.

And we're coming up on budget time in a few weeks, folks. Hang on for the ride. ELISHA DACEY/METRO

metro

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Oscars not really awesome

Academy Awards. Host Neil Patrick Harris trades quips for singing and the show never really recovers

MATT PRIGGE
Metro in New York City

Akiva Schaffer, Andy Samberg, and Jorma Taccone of The Lonely Island perform Everything Is Awesome from The Lego Movie during the Oscars last night. The Tegan and Sara hit did not win the Oscar for best original song, which went to Glory from Selma, by John Legend and Common. KEVIN WINTER/GETTY IMAGES

How much of a mess are the Academy Awards? Not even Neil Patrick Harris — the obvious go-to guy who kills at the Tonys and Emmys — could conquer them.

NPH was to be the second safe choice in a row, after last year's Ellen DeGeneres show. Sometimes the Oscars think outside the box and pay the price: Seth MacFarlane singing about boobs in 2013; the dynamic duo of a dazed, noncommittal James Franco and an energy-pill-high Anne Hathaway in 2011.

It all started well. Harris ascended from the floor onto the stage of Los Angeles' Dolby Theatre for his first Oscars gig and immediately addressed the biggest elephant in the room. "Tonight we celebrate the best and whitest — sorry, best and brightest," he quipped, winkingly referring to the heavy snubbing that befell Selma.

But this was a false start. Savage quips were immediately — as in the next sentence — replaced by singing. Harris launched into one of those songs that Billy Crystal used to do, except only about a third of it was dedicated to jokes. Singing about "moving pictures" — it's 1895 all over again! — he offered a sloppy valentine to the medium he's shilling for at this awards show, at least. Harris inserted himself into movies, most of them old — say, blocking Sharon Stone's business from Basic Instinct — but also the night's only feted musical, Into the Woods.

Speaking of which, he was soon joined by Anna Kendrick, as well as Jack Black, who channelled his inner Tenacious D to offer the position that maybe movies are crap and this whole thing is a corrupt love-in. The Oscars do this every now and then: addressing that maybe the ceremony — and maybe even movies themselves — are irrelevant. And as usual, the event had no real answers: just a flashy song-and-dance number performed by one of entertainment's brightest lights.

Harris couldn't really make the Oscars his own, though his best moment was almost certainly a genuinely improvised bit of silliness when he did a song and dance following J.K. Simmons' earnest plea for everyone to call their parents — call, not text — while accepting his Best Supporting Actor prize for Whiplash.

But to the question all of you most wanted to know: Did the Costume Design trophy go to The Grand Budapest Hotel? (OK, some of us were worried it wouldn't.) It did, deservedly, as did the makeup and hairstyling award, for a film that successfully turned the ageless Tilda Swinton into a 90-something prune. In fact, it's odd that OCD director Wes Anderson has not swept the technical awards before.

List of winners

Here are the winners at Sunday's 87th annual Academy Awards at press time. For the full list, visit metronews.ca.

- **Supporting actor: J.K.** Simmons, Whiplash.
- **Supporting actress:** Patricia Arquette, Boyhood.
- **Costume design:** The Grand Budapest Hotel.
- **Makeup and hairstyling:** The Grand Budapest Hotel.
- **Foreign language film:** Ida.
- **Documentary feature:** CitizenFour
- **Adapted Screenplay:** The Imitation Game.
- **Original screenplay:** Birdman.
- **Live action short film:** The Phone Call.
- **Visual effects:** Interstellar.

Mothers and other strangers

Some of the night's odd moments

One of the bigger moments of the night came long before the ceremony even started. On the red carpet, Dakota Johnson got peeved with her date, her mom Melanie Griffith, who said she had still not seen Fifty Shades of Grey because you know why. Apparently Griffith is the only one who hasn't heard about its limp sex scenes.

Host Neil Patrick Harris had some noticeably questionable fumbles. He made jokes about Oprah's size and Octavia Spencer's snacking. He also brutally fumbled through the name Chiwetel Ejiofor. But there was a pretty funny Clint Eastwood joke that compared him to Kanye.

Ida director Pawel Pawlikowski became one of the few winners to ever conquer the nosy, impatient orchestra, who were all set to drown him out far quicker than they would, say, a J.K. Simmons. He persisted and they actually shut up, only coming back when he would let them. Good on ya.

Dakota Johnson with mom Melanie Griffith
JASON MERRITT/GETTY IMAGES

SCENE

‘WE’RE MORE THAN JUST OUR DRESSES’

We hear ya, Reese. Though we recognize there is more to these stunning ladies (and gents) than their looks, here are the night’s best dressed

METRO/THE ASSOCIATED PRESS

#AskHerMore

Hollywood actresses sent a feminist message on the Oscar red carpet this year, promoting the #AskHerMore campaign that aims to put an end to sexist questions on the red carpet.“We’re more than just our dresses,” best actress nominee Reese Witherspoon said before the show. “We are so happy to be here and talk about the work that we’ve done. It’s hard being a woman in Hollywood or any other industry ... It’s exciting for me to talk about the nominees.”

ALL PHOTOS: GETTY IMAGES

Green light

Scarlett Johansson opted for statement jewelry in the form of a green choker, which complemented her perfectly moulded Versace gown.

Lady in red

There was a contingent of leading ladies in strapless red, including Rosamund Pike in Givenchy Haute Couture.

Carried away

Jennifer Aniston, wearing champagne-coloured Versace, uses her muscles to try to lift Emma Stone, who wore a custom Elie Saab gown.

Twitter

@fuggirls
#askhermore is great, but it’s ALSO okay to ask/say who you’re wearing. You got it for free. It’s a trans-action. Tip your server. -H #Oscars

@shondarhimes
Stop asking women questions about what they wear to cover the containers they carry their brains around in. #AskHerMore

Make a plan and stick to it

Financial goals. Becoming debt-free or saving for a down payment for a house requires sacrifice and a well-thought-out strategy

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Home ownership comes with plenty of pros, but also plenty of cons. It's up to you to plan accordingly. ISTOCK

Sometimes people say they want one thing but then do something that totally works against them achieving their goal. Home ownership is a great example.

Even if they manage to paint a pretty clear picture of what that home will be like, where it will be, and what it will feel like to live there, they can't come to grips with the fact that owning a home changes everything. It usually means not spending money in restaurants, on new clothes, or on vacations so you can build a down payment. It also means not going out three nights a week to party with friends because now you have a mortgage and a whole bunch of around-the-house things to get done.

Deciding what you really, really want means that you not only visualize what you're trying to achieve, you also do your best to predict and understand the consequences of getting what you want.

Everything in life comes with upsides and downsides. If you're only looking at the upsides when you're making your decisions, you'll be unhappily surprised by the downsides.

Having children has huge upsides. But having children also has enormous responsibilities that can take your breath away. Ditto deciding to go back to school, changing your career, moving to a new country or another part of the country, or becoming debt-free.

People often tell me that they know what they want. Just as often, their behaviours do not match their words.

It's important to understand and accept the consequences of your choice and integrate both the upsides and the downsides into your plan. Sure, you may not be able to go out three nights a week with friends, but you can hold a game night or have a Dessert for Dinner evening where everyone brings something to the table. And you may be stuck home with baby, but that won't stop you inviting all the other stuck-home-with-baby people over for poker night or to watch the latest DVD release.

Once you decide what you really, really want, putting some tracking into place to measure your progress is much more likely to get you there. Have you ever noticed that when you start something new you're all gung-ho, but as time goes by your energy and effort wanes? Hey, it's human. Once we lose our initial enthusiasm — when the immediate seems more tempting than the long-term goal — that goal feel almost oppressive. Really? We're going to turn down dinner out with friends again! When will this be over?

When you're working toward a goal, you have to find ways to stay focused on what you've achieved so you keep going. Having knocked a $2,000 credit card balance back to zero, you may find your motivation to attack your student loan lagging. A vacation seems much more enticing now. Doesn't everyone take forever to pay off their student debt anyway?

You have to come up with ways to keep the blush on your debt-free rose.

Measuring your progress is one way to stay focused and keep yourself motivated. By recording how you're doing, you can look at a picture that reflects your reality, not what you think is your reality. You can appreciate what you have accomplished in moving towards your goal.

I can hear some of you moaning now: "But Gail, all that measuring takes time I don't have." Really? You're trying to achieve a goal you've said is important, but you don't have time to check to see how you're doing? Or is it you're afraid you're going to miss the mark and would rather keep your head buried in your delusion?

Measuring can be as simple as making a chart and colouring in your progress or as creative as making a debt-tree with $100 leaves and then pulling off a leaf every time you pay down $100 of your debt.

Why so stubborn?

Hugely resistant to measuring your activities on any front? Maybe you're not yet committed to change. Writing it down means making a deal with yourself to do something that has results.

• If you're not writing it down, there's no deal, and you're off the hook. Of course it also means you're going to keep doing what you know isn't working.

Health. Personality is a strong predictor of how we cope with illnesses

When we succumb to illness, men and women employ different coping mechanisms that vary even more depending on our personalities, according to researchers at Washington State University and at the University of the Thai Chamber of Commerce. For example, a single-symptom illness bothers women more than men, but women are more stoic than men when they succumb to a multi-symptom illness, according to study author Robert Rosenman of WSU. "And perhaps more importantly, personality affects how women handle becoming sick, while men of all types react the same," says Rosenman, a professor in the Department of Economic sciences. Agreeable women who are likely to have strong social networks and high-quality relationships are able to cope because they find themselves better supported in times of crisis, say the researchers. For men, however, no correlation could be drawn linking particular personality traits with coping mechanisms for mental illness. AFP

Women who have strong social networks are able to cope better with illness. ISTOCK

Spending

Hungry for lunch, hungry for shoes

Feeling famished not only makes you want food, it increases your desire for non-food items, according to recent research at the University of Minnesota's Carlson School of Management. The research team conducted experiments in which participants were asked to fast for up to four hours before going shopping. When hunger wasn't quelled, participants opted for 70 per cent more products than those who had eaten. AFP

Tech

Wearable sex tracker in the works

Techsters at Geeksphone have announced an upcoming fitness tracker that will also quantify your sex life and track your ecological footprint. The sex-tracking feature will require manual activation, according to TechCrunch. After enough nooky while wearing the gadget, users will have a historic of how many times per week, how many calories they burn, and how long they last each time. AFP

Advice

Must I fête with the whole floor?

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,
I'm having a big birthday party in a couple weeks and I'm planning to invite some of my co-workers. Not the whole office — just a few people I really like. However, I'm worried about offending those colleagues I'd rather not have at my home. Is there a way to keep my gathering exclusive without creating enemies?
— Not on the Guest List

Dear NOTGL,
It's your party and you don't have to include Kevin from marketing if you don't want to. But you also don't have to rub your off-hours friendships in the faces of those you only wish to see at work.

When issuing invites, be discreet. Large meetings — when your whole team is within earshot — are not the best times to tell Jenn about your blowout while the rest listen in feeling left out. Save party planning for emails or one-on-one powwows.

This doesn't mean you should keep your festivities a secret. It's true your rejected colleagues might feel a little jealous of those who made the cut. But they can only get angry if you start acting cagey. Should anyone ask, be polite, but open. Say it's your birthday. And that you're having a party. Then wish them a friendly good night. It's part of your job to make nice during the workweek. Not part of your job: entertaining your whole company on the weekend.

Dear Metro,
I'm currently in line for a really exciting promotion. I badly want the position, but there's a hitch. The other person up for the job is my best friend at work. Someone I love spending time with and genuinely want to succeed. What's worse, things have been really awkward between us since the role came up. I don't want to sacrifice my professional goals, but I need to diffuse this tension. How can I make this okay?
—Friends & Rivals

Dear F&R,
Wanting your friend to succeed and wanting yourself to succeed should not be competing ambitions. Unfortunately, you've found yourself in a peculiar situation where your pal's success directly translates into your own disappointment. In short: This sucks. Have you discussed your conflict at all? It might help to acknowledge — out loud — the no-way-around-it difficulty of your present conflict of interest. Rather than letting the tension creep up, you could engage an upfront conversation in which you both get the opportunity to air how you feel. You shouldn't shirk your own ambitions. But by recognizing your co-worker's aspirations, you might ease your strained relationship.

Regardless of the outcome, you're ready for an upwards move. If this internal advancement doesn't pan out, consider opportunities outside your present organization. Then you can feel happy for yourself — and your friend.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Closures spell difficulty for students seeking employment

Job search. Summer job hunters may need to broaden search following retail breakdowns: Experts

Young professionals are having to hustle in market that's bringing on hurdle after hurdle. ISTOCK

Students and new graduates on the hunt for summer jobs may find the search even more daunting given the recent grim news on the homegrown retail front.

With Target shuttering its 133 Canadian locations and Jacob, Mexx, Sony, Parasuco and Jones New York closing up shop, will short-term job opportunities be tougher to come by?

Hershi Rubinoff, president of career site CPG Connect, said she's seen a huge influx of visits from Target employees since the Minneapolis-based retailer announced its exit from the Canadian marketplace.

"I think that's the biggest problem that students and new grads are going to run into this summer because as they're applying for those part-time retail positions, there's going to be a plethora of candidates in the market from Target and ... other retailers," Rubinoff said.

"Because there's going to be so many of them looking for work, they're going to have the experience, and they're likely going to be willing to accept a lower wage."

But Lauren Friese, founder of TalentEgg, a Canadian job site and career resource for students and recent graduates, said it's still unknown how many of the eliminated jobs would have been available to young people.

Unexpected competition

"As they're applying for those part-time retail positions, there's going to be a plethora of candidates in the market from Target and ... other retailers."
Hershi Rubinoff
President of career site CPG Connect

The job market for teens and young adults remains a tough one.

Statistics Canada data revealed the youth unemployment rate declined by 0.7 percentage points in January to 12.8 per cent, with 30,300 more young people working compared to the year prior. Still, the youth unemployment rate far exceeds the national figure of 6.6. per cent.

Rubinoff said young people should be diversifying their job searches and looking to different sectors for potential opportunities.

"I know that event marketing is always something that is very big and definitely picks up in the summertime as the different consumer packaged goods companies look at grassroots ways to reach their target audience," she said.

Friese recently gave an hour-long presentation in which she stressed three main points on pursuing summer and post-graduate work: being resourceful, creative and taking action.

"Being resourceful starts with being very organized and figuring out all the different types of resources that are out there to help you, whether they're in the online world or the offline world," said Friese, whose website features Bright Ideas, an online initiative aimed at crowdsourcing solutions to improve Canada's youth employment.

Friese said she thinks the exciting part of summer employment is that students get the chance to gain experience in an area they may be uncertain they like or want to pursue for the long haul.

"Once you graduate and enter into 'the real world' you don't get those opportunities to take career sabbaticals. You don't get those opportunities to just try something new," she said.

"You commit to something and you're expected to stay there long-term. And if you do jump around a lot, you're thought of as a job-hopper that's not sure of what they want to do.

"If you do it while you're still in school it's a completely different impression," she added. THE CANADIAN PRESS

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When Cupid aims for your cubicle

Career. How to date a co-worker without putting your job and reputation in jeopardy

LAKSHMI GANDHI
Metro in New York

It's all very exciting when a fling comes your way, but keep the flirting at a minimum in the workplace. ISTOCK

While many people claim that they'd never date someone at work, the numbers tell a different story. According to a 2014 CareerBuilder survey, 38 per cent of workers say they've dated a co-worker. But mixing love and the workplace can be tricky.

Here's what you should do if the love bug infects your office.

Proceed with caution

Have you ever dealt with a messy breakup and you're oh-so-glad your ex lives across town? Well, what happens when he or she's in the next cubicle pod? Proceed slowly and remain professional at the office — no PDA after-hours at the copier, OK?

That's not to say romance can't blossom and result in marriage, but the alternative — a fling leading to a stressful breakup and constant run-ins at the water cooler, not to mention career setbacks — are possibilities as well.

Compartmentalize

Remember to set up your Facebook privacy settings so everyone doesn't know about your romantic weekend away or the cute selfies you took after work.

- This is especially true as things get more serious. If it's looking like you've found your soulmate, do you really want everyone knowing your business?

Do not date your boss

This is simply not smart — your career and reputation are at stake, and if word gets out, your colleagues may be jealous and think you're getting special treatment. Or, your boss may overcompensate and be harsher on you with demanding work and performance reviews. Just say no. And if you're the boss, avoid dating someone you manage at all costs.

The key to delicately handling office politics is to be protective of your love life by keeping your romance on the down low.

If it's obvious you're spending lunchtime together and are spotted out and about there's no need to deny it.

But in the ideal scenario, it should be up to you to decide when to tell colleagues you are a couple.

A great moment to get your MBA

While technology and hiring trends are constantly evolving, one thing remains true: A strong foundation will give students the skills they need throughout their careers.

"In our minds, the upswings in the economy have stimulated new businesses," says Sunil Sani, an entrepreneur and venture capitalist who is the co-founder of Careerglider.com, a site geared toward helping young people figure out their educational and career path.

"Having an MBA highlights a skill set that many employers want." We talked to Sani — himself an MBA holder from the Wharton School of the University of Pennsylvania — about how the degree can further certain career goals.

Employers want creative thinkers who can work in groups. ISTOCK

Seeing the full picture

"The best part about an MBA is the networking, because you work in groups," says Sani. "You are given a business problem and have to come in with your own solutions and get to have a lively discussion as a group." Those group negotiations, he says, give students a glimpse of what it is like to market products and negotiate deals at a company. Good research is key to finding a school that's a right fit for your interests and needs. Careerglider.com offers a blog with advice for potential students as well as information on different programs in the region.

Preparation for the startup world

"MBA programs are the main feeders for the investment bank world," says Sani. "However, one great thing about the degree is that it can be used in fields like health care, consulting and even social media." Sani says he is seeing more companies looking for candidates with MBA backgrounds in fields like marketing.

The ability to branch out on your own

"When I got my MBA, I went in knowing that I'd be going into a family business," says Sani. "It's really about getting into small-business management." Sani reminds students that networking is more than just hanging out with your classmates after a lecture. "I've worked with some of (my classmates) and I've invested with some of them, too."

METRO

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Colour outside the standard chicken lines

Dinner. Stuffing poultry with asparagus, red peppers and cheese gives it a unique look

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

A stuffed chicken breast is always a tender and delicious entree. The asparagus, brie and roasted peppers give this meal an attractive appearance since we also eat with our eyes.

If you want a stronger flavour, try using aged cheddar or goat cheese.

This recipe serves four. ROSE REISMAN

Ingredients

- 1 1/2 lb boneless skinless chicken breasts (about 4 breasts)
- 1 egg
- 2 tbsp 2% milk (or water)
- 2/3 cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 2 tsp vegetable oil

Stuffing

- 12 small (or 4 large) asparagus spears (about 1/4 lb/125 g), trimmed
- 1/4 cup diced brie (1 oz)
- 2 tbsp grated Parmesan cheese (1/2 oz)
- 1/4 cup chopped roasted red pepper (about 2 small roasted red peppers)
- 1/2 tsp dried basil
- 3 tbsp chopped fresh basil

You can also ask your supermarket or butcher to cut the chicken breasts into scaloppini to eliminate pounding the chicken.

Directions

1. Preheat the oven to 400 F. Lightly coat a 9- × 13-inch casserole dish with cooking spray.

2. Working with one at a time, place a chicken breast between 2 sheets of waxed paper and pound to an even 2-inch thickness. Set aside.

3. To make the stuffing: Boil or steam the asparagus until just tender, about 2 minutes. Drain and rinse with cold water. Dice and place it in a bowl. Add the brie, Parmesan, red pepper and dried basil.

4. Lay the chicken breasts flat and divide the stuffing equally among them. Roll up and secure with a toothpick. Whisk together the egg and milk and place in a shallow bowl. Combine the bread crumbs and Parmesan in another shallow bowl or plate.

5. Lightly coat a large nonstick skillet with cooking spray, add the oil and set over medium-high heat. Dip the rolled chicken into the egg mixture and then into the bread crumbs. Sauté the rolled chicken just until browned on all sides, about 5 minutes.

6. Place in the prepared casserole dish and bake another 10 to 15 minutes or until the chicken is no longer pink (or reaches an internal temperature of 165 F). Slice in half or into medallions to serve. Garnish with fresh basil. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 333
- **Carbohydrates.** 16 g
- **Fibre.** 2 g
- **Protein.** 40.5 g
- **Total fat.** 10.8 g
- **Saturated fat.** 3.2 g
- **Cholesterol.** 156 mg
- **Sodium.** 331.5 mg

This recipe serves four. ROSE REISMAN

A steak that keeps vegetarians in mind

Once you try my recipe for Cauliflower Steak with Sun-dried Tomato and Olive Salsa, you'll never boil or steam this vegetable again.

For this recipe, buy the largest cauliflower head you can find. Be sure you leave the stem on. By cutting a whole cauliflower into thick slices, you can easily sauté and then roast it at a very high temperature. The result is a delicious and elegant way to serve this simple vegetable.

I like to serve it as either a first course or vegetable side dish. It can be the perfect entree for a vegetarian meal.

1. Preheat oven to 450 F.

2. Remove the leaves from the cauliflower, leaving the stem end intact. Slice cauliflower into four 1/2-inch "steaks." Some florets will separate, which you can use for another recipe.

3. In a large skillet sprayed with vegetable oil, sauté cauliflower steaks for about 3 minutes per side, just until browned. Place on baking sheet lined with foil and bake for 15 to 20 minutes, just until fork tender.

4. Meanwhile in a small bowl, combine olives, tomatoes, olive oil, garlic, lemon juice and basil. Divide over top and serve. **ROSE REISMAN**

Ingredients

- 1 large head of cauliflower
- 1/2 cup pitted thinly sliced black olives
- 6 rehydrated sun-dried tomatoes, sliced thinly
- 2 tbsp olive oil
- 1/2 tsp minced garlic
- 1/2 tsp lemon juice
- 2 tbsp chopped basil or parsley

NASCAR

'Sliced Bread' the toast of Daytona

Joey Logano, the driver who has spent seven years trying to live up to impossible expectations, raced to his first career Daytona 500 victory Sunday as he continued to reward Roger Penske for catapulting him into one of NASCAR's top stars.

Nicknamed "Sliced Bread," Logano found himself searching for a new job after four underwhelming seasons.

He was snatched up by Penske for the 2013 season after being dropped by Joe Gibbs Racing, a move that jump started his career. His victory in "The Great American Race" on Sunday gave "The Captain" his second Daytona 500 title.

THE ASSOCIATED PRESS

NFL

Harrison holding off on retirement

James Harrison isn't preparing for a second retirement ceremony.

The 36-year-old Harrison posted an Instagram photo on Sunday night saying he was heading to Arizona to train, as he does during the winter. Harrison will become a free agent next month after spending 2014 with the Pittsburgh Steelers following a brief 18-day retirement.

The five-time Pro Bowler spent a month getting in shape before showing flashes of his former brilliance. Harrison finished with 5-1/2 sacks in 11 games for the Steelers, who went 11-5 and won the AFC North title.

THE ASSOCIATED PRESS

Manitoba skip Jennifer Jones, left, third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen celebrate winning the Scotties Tournament of Hearts in Moose Jaw, Sask., Sunday. JONATHAN HAYWARD/THE CANADIAN PRESS

Jones captures her fifth national title

Curling. Olympic champion beats Alberta rink in Scotties final

Manitoba's Jennifer Jones defeated Alberta's Val Sweeting 6-5 in the gold-medal game Sunday night at the Scotties Tournament of Hearts.

Jones hit an open draw with her last throw in the 10th end for her fifth career national title.

"It was a little close for comfort, but we managed to pull it off in the end," Jones said.

It was a back-and-forth battle in front of an enthusiastic near-sellout crowd of 3,992 at Mosaic Place in Moose Jaw, Sask.

Jones opened with a deuce but Sweeting pulled even with a pair of her own in the second end. After a blank, Jones hit a takeout for one but Sweeting answered again with a single in the fifth.

The teams continued to exchange singles with Sweeting hitting a draw to the four-foot to tie the game at five in the ninth end. Jones had the hammer in the 10th and took advantage.

"We made eight great shots in the last end and that's really what won it for us," Jones said.

Jones missed the Scotties last year as she led her Winnipeg team of third Kaitlyn Lawes, second Jill Officer and lead Dawn McEwen to Olympic gold at the Sochi Games.

Sweeting, who lost to Rachel Homan in the 2014 final in Montreal, was joined by Edmonton teammates Lori Olson-Johns at third, second Dana Ferguson and lead Rachelle Brown.

Jones will represent Canada at the March 14-to-22 world women's curling championship in Sapporo, Japan and receive $10,000 to wear cresting at the competition.

THE CANADIAN PRESS

Homan finishes third

Two-time defending champion Rachel Homan won the bronze medal earlier Sunday with a 7-5 victory over Saskatchewan's Stefanie Lawton.

4 SPORTS

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Canucks erupt on Long Island

NHL. Despite loss of No. 1 goalie Miller, Vancouver puts in shutout performance

Eddie Lack made 27 saves in relief of an injured Ryan Miller and the Vancouver Canucks beat the New York Islanders 4-0 on Sunday.

Zack Kassian, Radim Vrbata and Bo Horvat scored in the second period for Vancouver, which kept pace in the tight Western Conference playoff race.

The 34-year-old Miller, in his first season with the Canucks, left with an apparent leg injury early in the second after he was run into by teammate Jannik Hansen in the crease. Miller stayed down and was in pain after the collision and appeared to flex his right leg as he left the ice.

Lack replaced him at 1:11 of the middle period after Miller made 10 saves.

Vancouver opened its five-game trip with a shootout win over the Rangers on Thursday followed by a 4-2 loss at New Jersey on Friday. The Canucks continue with visits to Boston and Buffalo, where Miller played 11 seasons for Buffalo before he was traded to St. Louis late last season.

Kassian opened the scoring for the Canucks on the power play 28 seconds into the second period with his eighth of the season and third goal in two games.

The puck hit the post behind Islanders goaltender Jaroslav Halak before bouncing off him and into the net.

Vrbata made it 2-0 on the man advantage at 9:53, his team-leading 22nd goal for the Canucks. The goal was assisted by brothers Henrik and Daniel Sedin.

Henrik Sedin, who leads the team with 54 points including 42 assists, has 14 points in his past 11 games against the Islanders.

Horvat, a rookie, made it 3-0 for the Canucks at 13:55 with his ninth goal of the season.

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On Sunday

Canucks	Islanders
4	0

- **Predators 2, Sabres 1 (SO).** Rookie forward Filip Forsberg scored the decisive goal in the fourth round of a shootout, leading Nashville to a win in Buffalo.
- **Penguins 5, Panthers 1.** Marc-Andre Fleury stopped 34 shots, Patric Hornqvist and Evgeni Malkin each picked up two goals and an assist and the Pittsburgh beat Florida.
- **Bruins 6, Blackhawks 2.** Patrice Bergeron opened the scoring with his 200th goal, then added two assists and the Bruins snapped a season-high six-game losing streak with a rout of Chicago.

Canucks forward Zack Kassian lets out a roar after scoring on a set-up from captain Henrik Sedin on Sunday at Nassau Coliseum in Uniondale, N.Y. AL BELLO/GETTY IMAGES

Hawks give Bucks the business in Milwaukee

Giannis Antetokounmpo dunks during the Bucks' loss on Sunday in Milwaukee. DARREN HAUCK/THE ASSOCIATED PRESS

A late-night study session worked wonders for the Atlanta Hawks.

The best team in the Eastern Conference avoided its first three-game slide of the season by pulling away in the fourth quarter against another surprising NBA squad.

Paul Millsap had 23 points and 16 rebounds in Atlanta's 97-86 win over the Milwaukee Bucks on Sunday, two days after coach Mike Budenholzer had his team in the film room following a 25-point loss to Toronto.

"It helps to see what you're doing wrong," Millsap said. "Calling guys out letting them know it's not going to be acceptable. Tonight, guys were playing well."

Kyle Korver hit three three-pointers in the fourth quarter after Atlanta squandered an early 16-point lead. Korver finished with 12 points.

Giannis Antetokounmpo's two foul shots for Milwaukee with 49 seconds left in the third quarter tied it at 64.

But Atlanta returned to its usual formula in the final period, making extra passes on offence and frustrating the Bucks on defence.

Atlanta opened the fourth with a 24-9 run, including a three and an open layup by Millsap for a 90-73 lead with 5:05 left.

"We had that third quarter where it got tight," Budenholzer said. "It was good for our group to have it get tight and then respond and find a way (and) get ... better defensively.

Antetokounmpo and Khris Middleton each finished with 19 points for Milwaukee, which had won four in a row.

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Around the NBA Sunday

- **Cavaliers 101, Knicks 83.** LeBron James and Kyrie Irving each scored 18 points and the Cleveland Cavaliers beat the Knicks.
- **Pistons 106, Wizards 89.** Kentavious Caldwell-Pope had 26 points, Andre Drummond added 18 points and 16 rebounds as Detroit beat Washington.
- **Pacers 104, Warriors 98.** Rodney Stuckey scored 30 points to help the Indiana Pacers beat the NBA-leading Golden State Warriors.
- **Magic 103, 76ers 98.** Nik Vucevic had 31 points and 14 rebounds, and the Orlando Magic beat the Philadelphia 76ers 103-98 on Sunday night for their first three-game winning streak of the season.

Qatar 2022

Winter World Cup looking more likely

Global football executives will fly into Qatar this week to conclude discussions on when the 2022 World Cup should be played. The outcome already seems clear: Football's biggest event will be played in November and December for the first time unless FIFA unexpectedly gives into European opposition.

In Doha on Tuesday, power brokers from Europe's clubs and leagues on FIFA's Qatar task force will once again spell out the disruption that would be created by splitting their August-May seasons. But with the final scheduling decision resting with FIFA's executive committee, it seems unlikely president Sepp Blatter's desire for November-December will be overruled.

Asian Football Confederation president Sheikh Salman Bin Ebrahim Al Khalifa indicated last month that the November-December switch had already been "resolved."

THE ASSOCIATED PRESS

NBA

OKC's Durant out after foot surgery

Kevin Durant had surgery Sunday to alleviate pain in his right foot, and the Oklahoma City Thunder expect him to return during the regular season.

A screw was replaced from his October operation for a broken bone in the right foot. Thunder general manager Sam Presti said the star forward will be evaluated again within a week. THE ASSOCIATED PRESS

Slalom

Teen Shiffrin gets record 12th win

Mikaela Shiffrin defied the pouring rain to comfortably earn her 12th career slalom win Sunday in Maribor, Slovenia, taking sole possession of the women's World Cup record for most wins in the discipline by a teenager.

The American, who turns 20 next month, had previously shared the record with France's Perrine Pelen, who set it in the 1980s. THE ASSOCIATED PRESS

Mikaela Shiffrin built a 0.68-second lead in a flawless opening leg, and needed only the 12th-fastest time in the final run to wrap up the win.

CHRISTOPHE PALLOT/AGENCE ZOOM/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Working behind the scenes can be frustrating for someone as outgoing as you. But it does enable you to do things you don't want others to see.

♉ Taurus
April 21 - May 21
Some people may say you are being too cautious, especially with money, but your sixth sense tells you this is not a good time to splash out.

♊ Gemini
May 22 - June 21
Just because you disagree with someone does not mean you cannot be friends. The message of the stars today is differences of opinion must not be allowed to come between you.

♋ Cancer
June 22 - July 23
If someone you live or work with needs assistance today, and according to the planets they most likely will, you must go out of your way to help.

♌ Leo
July 24 - Aug. 23
Keep standards high over the coming week and make sure those around you aim high too. You'll be judged as much on who you know as what you do.

♍ Virgo
Aug. 24 - Sept. 23
With the Sun at right angles to Saturn, you will have to give ground. Compromise is not an option, it's essential. There are times when you have no choice but to work as part of a team, and this is one of them.

♎ Libra
Sept. 24 - Oct. 23
You may have to postpone something you were looking forward to but looking back at the end of the week you will be relieved you never got started.

♏ Scorpio
Oct. 24 - Nov. 22
You need to recognize that you do not have unlimited resources. If there is something you want, and it doesn't come cheap, you may have to put it on your wait list for a while.

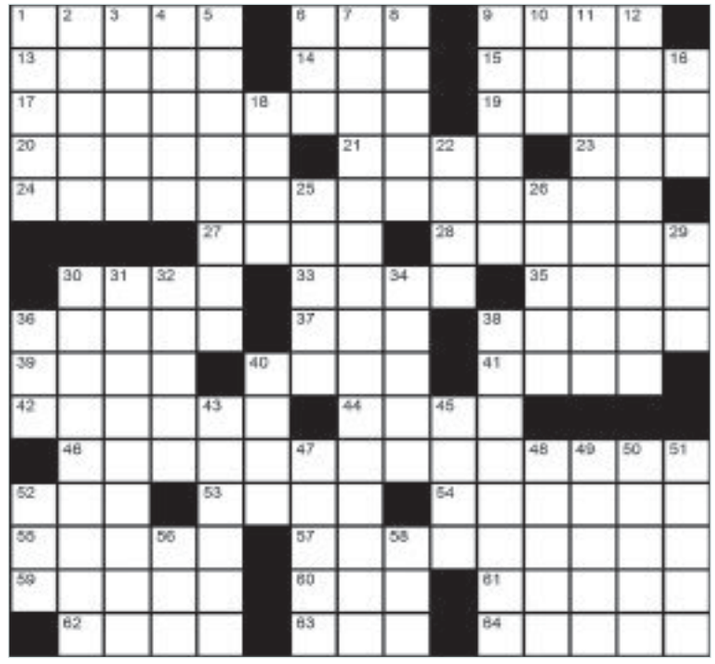
♐ Sagittarius
Nov. 23 - Dec. 21
Saturn in your sign at odds with the Sun today means you must not get worked up about something which, in the greater scheme of things, is of only minor importance.

♑ Capricorn
Dec. 22 - Jan. 20
What a friend or relative tells you may not be what you were hoping to hear but it is good advice and if you are smart you will listen and learn.

♒ Aquarius
Jan. 21 - Feb. 19
Stay out of a dispute today, even if you think you can bring the two sides together. Chances are you will bring them together but it is likely to be in opposition to you!

♓ Pisces
Feb. 20 - March 20
Don't worry if your latest project does not seem to be making much progress. There is a good cosmic reason why you are being held back.

Crossword: Canada Across and Down by Kelly Ann Buchanan



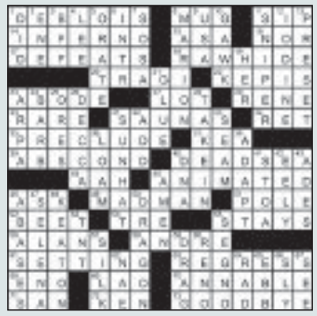
Across

1. Acknowledge
6. Bottom-of-letter letters
9. In _ __ (Sequentially)
13. "From __ __ shining..."
14. "__, what's up, doc?" - Bugs Bunny
15. "Tiny Bubbles" singer: 2 wds.
17. Michigan city of song
19. Keep your __ __ the prize
20. Catch
21. WWII-era servicewomen
23. "__ Boot" (1981)
24. One was set up by a German U-boat landing party in Martin Bay in Northern Labrador in WWII: 2 wds.
27. Currency exchange fee
28. Songstress Ms. Gore
30. Aura
33. Santa Fe, _. __.
35. Ailments
36. Glimmer
37. Positive opp.
38. "Darn __ __!"
39. "You leave __ __ choice..."
40. Like venison
41. Not any
42. Deep blue
44. Blood type, _ __.
46. Toronto Maple Leafs mascot: 3 wds.
52. Association [abbr.]
53. Get paid
54. Six-headed mythological sea monster
55. Actress Sophia
57. Chantal Kreviazuk hit: 2 wds.
59. Olympic sprinter Mr. Bolt
60. Wrath
61. Painting stand
62. Thesaurus entries, briefly
63. Dangerous fly, when doubled
64. Salon snippee

Down

1. Awry
2. Actor, Cameron __ Stewart
3. Mediterranean island
4. "But is __ __?" (Museum query, perhaps)
5. Weapon axe
6. Collectible candy dispenser
7. Exhibit etiquette: 3 wds.
8. Piglet
9. "__ Fideles"
10. Mr. Orbison
11. Bill phased out by the Loonie: 2 wds.
12. Ms. Furtado's debut album: 2 wds.!
16. Switch selections
18. Take down _ __ (Humble)
22. Mineral residue
25. Actress Lisa
26. "__ __ __ go?" (Was the thumbs-up given?)
29. Couture letters
30. Calgary Flames forward Curtis
31. "Dallas" actress: 2 wds.
32. _.__ ('Dine in the Dark' restaurant in Toronto and Montreal)
34. Ancient land
36. Dieter's stat.
38. How clandestine operations are carried out: 2 wds.
40. "You've __ _ Way" by Shania Twain
43. Big Bandleader Mr. Miller's
45. "It's __ __ Quiet" by Bjork
47. Elliptical path
48. Way to learn a song on piano: 2 wds.
49. Meredith's "Family Ties" role
50. Hand creams ingredients
51. Actor Mr. Julia's
52. Jazz musician, __ Dara
56. German article
58. Cost

Last week's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

8			6		3			7
		4	9	5	1	8		
2		5				9		4
		8		2		6		
3		9				7		8
		1	3	7	8	4		
6			4		2			3

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Last week's Sudoku

9	4	7	3	1	8	6	2	5
2	8	6	5	7	9	4	1	3
1	5	3	4	2	6	9	7	8
8	6	5	7	9	3	1	4	2
4	1	2	6	8	5	3	9	7
3	7	9	1	4	2	5	8	6
6	2	1	8	5	4	7	3	9
5	9	4	2	3	7	8	6	1
7	3	8	9	6	1	2	5	4

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